



MYTHICAL  
HEALINGS

# PRANIC AWAKENING

2026 CURRICULUM

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## Enliven Your Lifeforce with Yoga and Ayurveda

- Schedule & Modules
- Learning Elements
- Next Steps & Outcomes

Instructor Lisa Moore, C-IAYT, E-RYT 500



### Weekend Schedule: 9 Modules

May 16-17

**Classical Yoga and Ayurveda:  
Foundational Philosophy and Practices**

*How did I get here, what am I made of and how do I survive?*

Jun 6-7

**Sacred Traditions and Anatomical Foundations  
of Yoga Practice**

*The care and feeding of your spine, dosha and energy body.*

Jul 18-19

**Yogic Journey: Integrated Pathways  
to Personal Transformation**

*Digest Everything: breath, fire and pranic flow.*

Aug 22-23

**Ayurvedic Alchemy: Cultivating Wholeness  
Through Ancient Wisdom**

*Blasting energy blocks and finding balance.*

Sep 12-13

**Weaving Balance: Harmonizing Mind and Body**

*Opposites attract: Weaving Ayurveda and Yoga.*

Oct 3-4

**Cosmic Rhythms: Harmonizing Sound, Energy & Daily Cycles  
for Holistic Wellness**

*Syncing with the Universe: sound and chronobiology.*

Oct 24-25

**Lunar Healing: Yoga & Practices for  
Emotional Resilience**

*Elevate Mood: yoga for behavioral health and trauma.*

Nov 14-15

**Sacred Stewardship: Balancing Power, Ethics, and  
Authentic Offerings in Yoga Practice**

*Stepping into Your Power: ethics, business offerings.*

Dec 5-6

**Radiant Journey: Embodying & Sharing Your Yogic  
Path with Sustainable Grace**

*Go forth and share your wisdom!*

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# PRANIC AWAKENING NEXT STEPS



**SAVE THE DATES**

Mark Your Calendar

MAY



JUN



JUL



AUG



SEP



OCT



NOV



DEC



## Questions?

**Book a Q & A Session:**

[info@MythicalHealings.com](mailto:info@MythicalHealings.com)



**INSTRUCTOR**

**Lisa Moore**

C-IAYT, E-RYT 500



**Reserve Your Space.**

**Sat & Sun 9am-530pm**

**Class size is limited  
to 12 spaces.**

**\$200.00 Deposit\*  
holds your space.**

*\*Non-refundable Deposit.*

**Cost: \$2950**

**Payment Plans Available**